



# Vision Health Module

## *Student Workbook*

### ACTIVITY 6: WORDFIND

Find and circle the words related to eye conditions - there are 16.

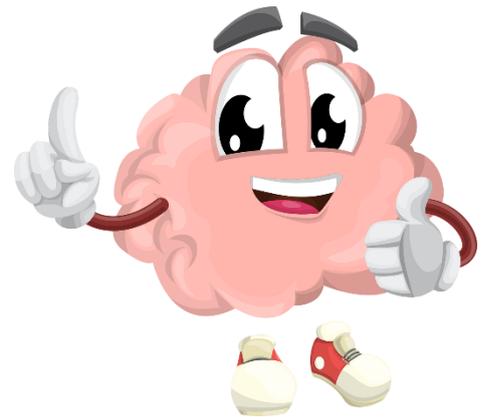
A M S I T A M G I T S A O T S V  
P R E I O T I U G S G R N S Y I  
U P R A V S L L A B E Y E I T S  
I N O I S I V S E R S N O R M U  
N E A R S I G H T E D A A T G A  
I G G I B H A L G N E V T E U L  
E H Y P E R O P I A E A A M I I  
G M T I V Y O L X O P V Y O H M  
L L S R R N B G E P Y O A T B P  
A N I T E R V L E C P S N P L A  
S T T M U E U C H I S I O O U I  
S U G O H I D V A E N R O C R R  
E B L X A M A N Y L A P R C R M  
S O N S N O I T I D N O C E Y E  
C N L S E Y N E E L O N E G S N  
F A R S I G H T E D B L T H S T

ASTIGMATISM  
BLIND  
BLURRY  
COLOUR BLINDNESS  
CORNEA  
EYEBALL  
EYE CONDITIONS  
FAR SIGHTED

GLASSES  
HYPEROPIA  
MYOPIA  
NEAR SIGHTED  
OPTOMETRIST  
RETINA  
VISION  
VISUAL IMPAIRMENT

Name: \_\_\_\_\_ Class: \_\_\_\_\_

# INSTRUCTIONS



This workbook is to help you review what you have learnt about the parts of the eye, how vision works, eye health and different eye conditions, as part of the Vision Health Module.

First, fill in your name and class on the front page.

# ACTIVITY 1: DRAWING AND LABELLING AN EYE

*Work in your groups of three.*

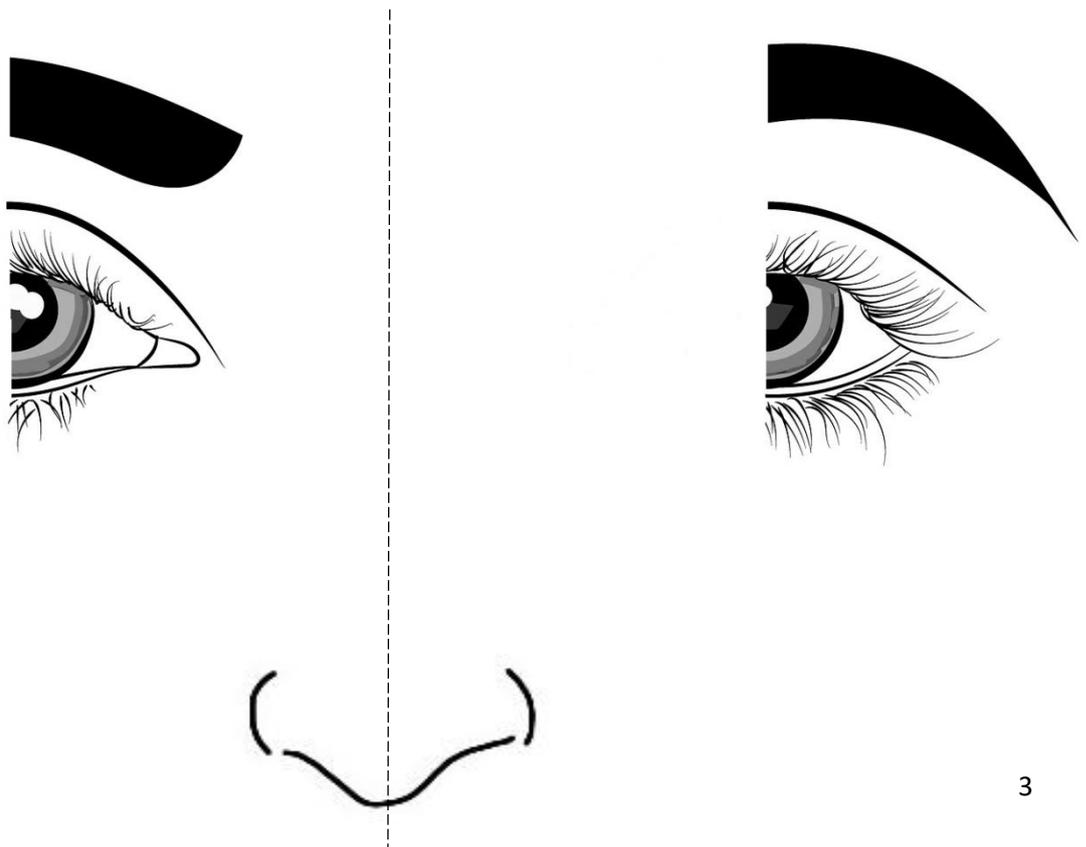
*Look carefully at your partner's eye. Draw their features onto the left half of the eyes below to complete the picture.*

*Think about the following:*

- *What colour are your partner's irises?*
- *What are their eyebrows like?*
- *Do they have long eyelashes?*
- *How big are their pupils?*

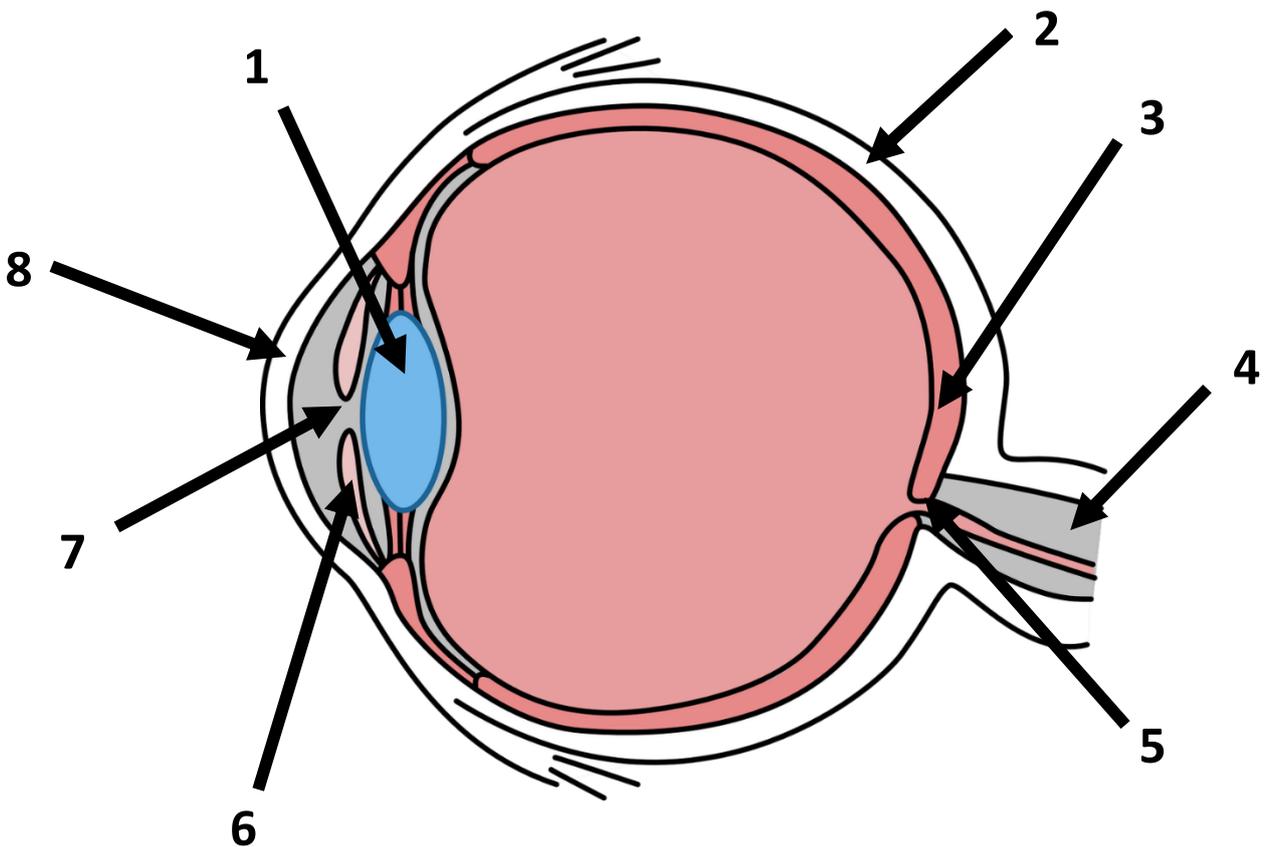
*Include as much detail in your drawing as possible.*

**Label the following parts: PUPIL, IRIS, EYELID, EYELASHES, SCLERA.**



# ACTIVITY 2: LABELLING THE PARTS OF THE EYE

*Label the parts on this diagram of an eye*



1. \_\_\_\_\_

5. \_\_\_\_\_

2. \_\_\_\_\_

6. \_\_\_\_\_

3. \_\_\_\_\_

7. \_\_\_\_\_

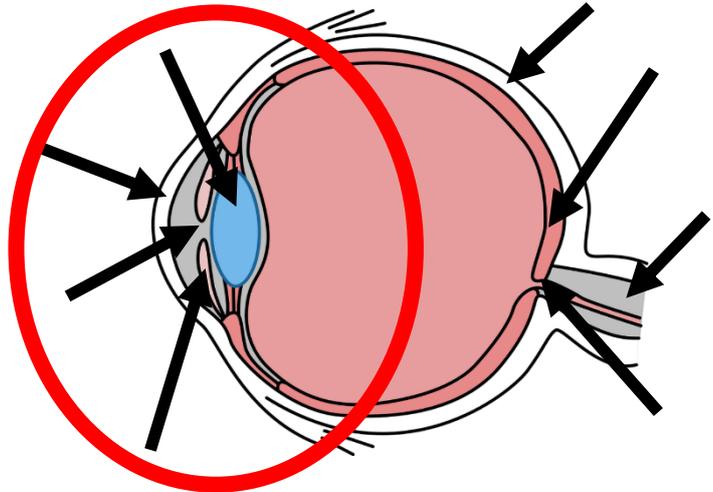
4. \_\_\_\_\_

8. \_\_\_\_\_

## ACTIVITY 3: MIX AND MATCH

### **FRONT OF THE EYE**

*Draw a line from the part of the eye to its correct function*



### **IRIS**

The transparent front part of the eye. Helps to focus the light as it comes into the eye.

### **LENS**

The black “hole” that can get bigger or smaller to let more or less light in.

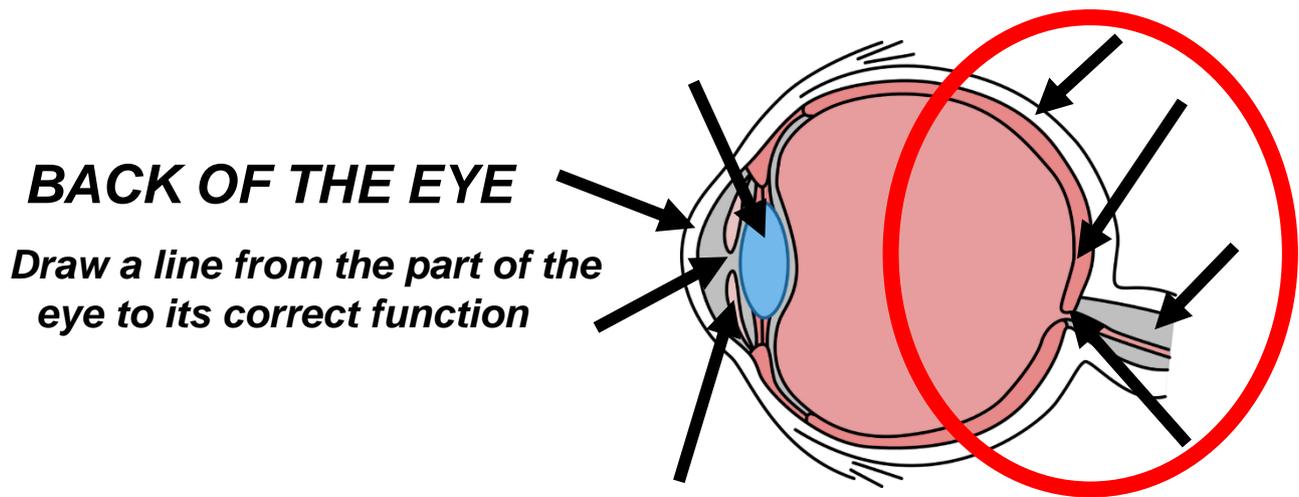
### **CORNEA**

The coloured part of the eye, which helps to change the size of the pupil.

### **PUPIL**

Clear and colourless, focuses light rays on the retina. Changes shape to view things up close or far away.

## ACTIVITY 3: MIX AND MATCH



### OPTIC NERVE

The white part of the eyeball. Helps protect and maintain the shape of the eyeball.

### RETINA

Sends the nerve signals from the back of the eye to the brain, which interprets what we see.

### OPTIC DISK

Contains millions of light cells called rods and cones, which turn the light into nerve signals.

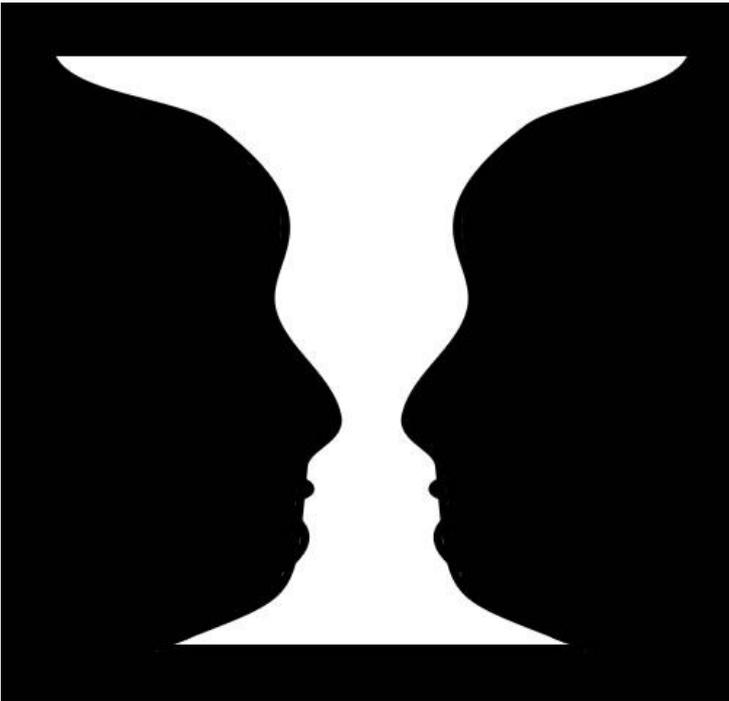
### SCLERA

Where the optic nerve “plugs in” to the retina.

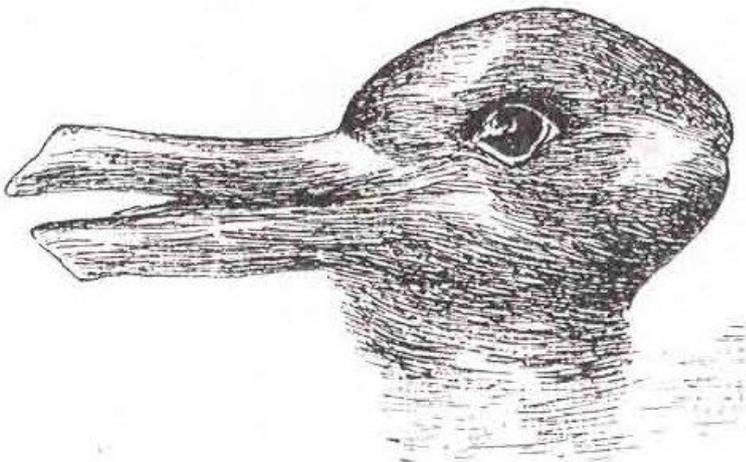
# ACTIVITY 4: OPTICAL ILLUSIONS

Here are some examples of optical illusions:

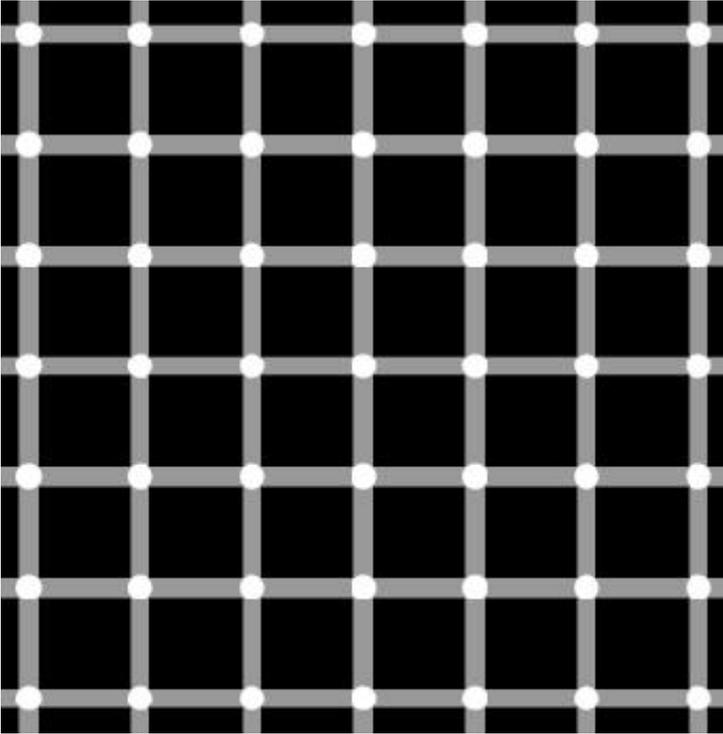
Which do you see – two faces or a vase?



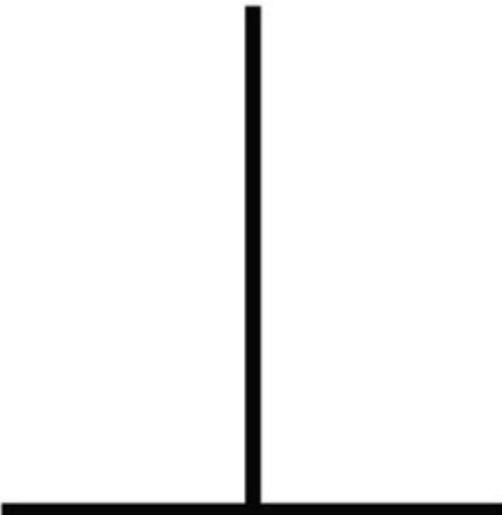
What animal do you see?



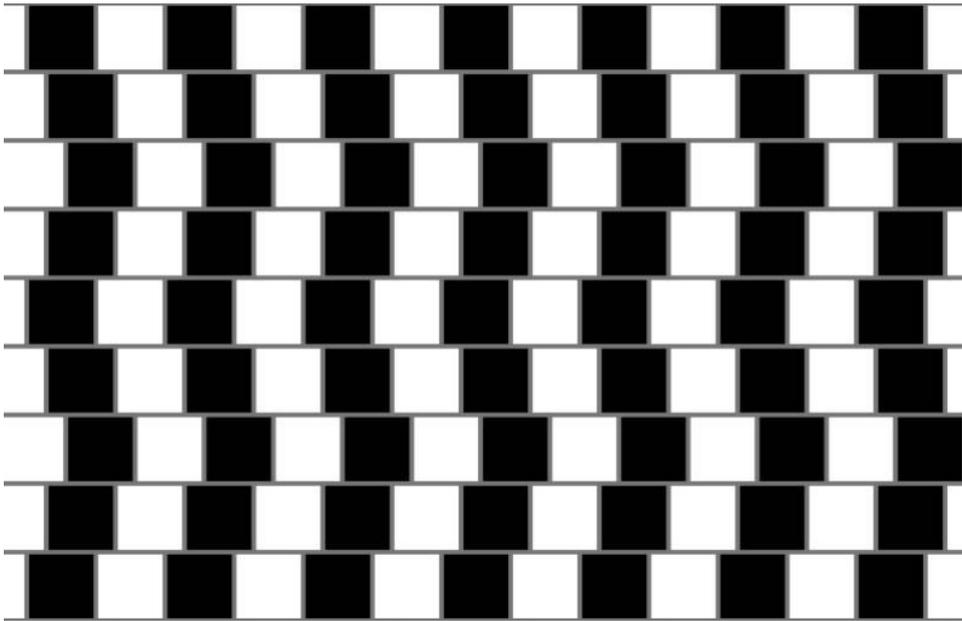
How many black dots can you see?



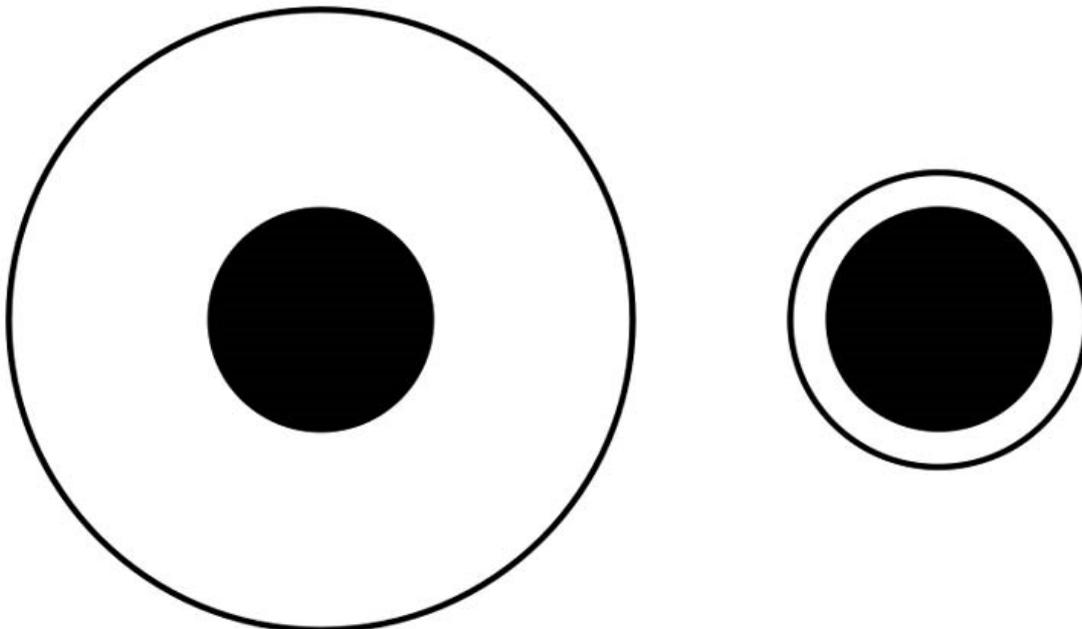
Which line is longer?



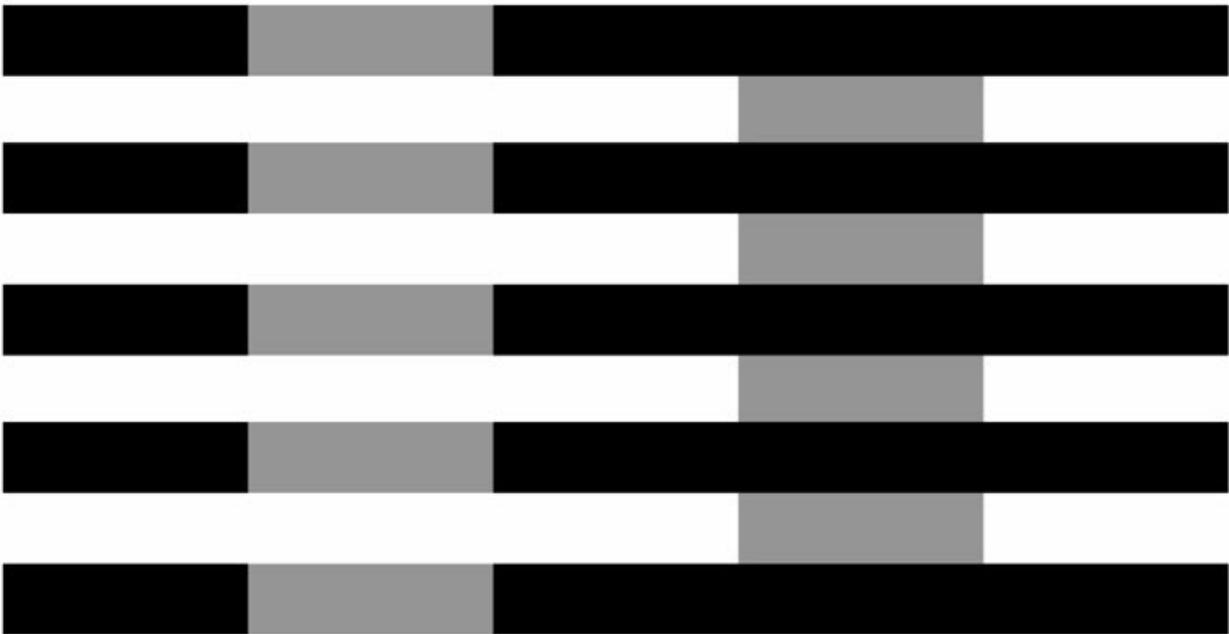
**Are these lines straight or curved?**



**Which black circle is bigger?**

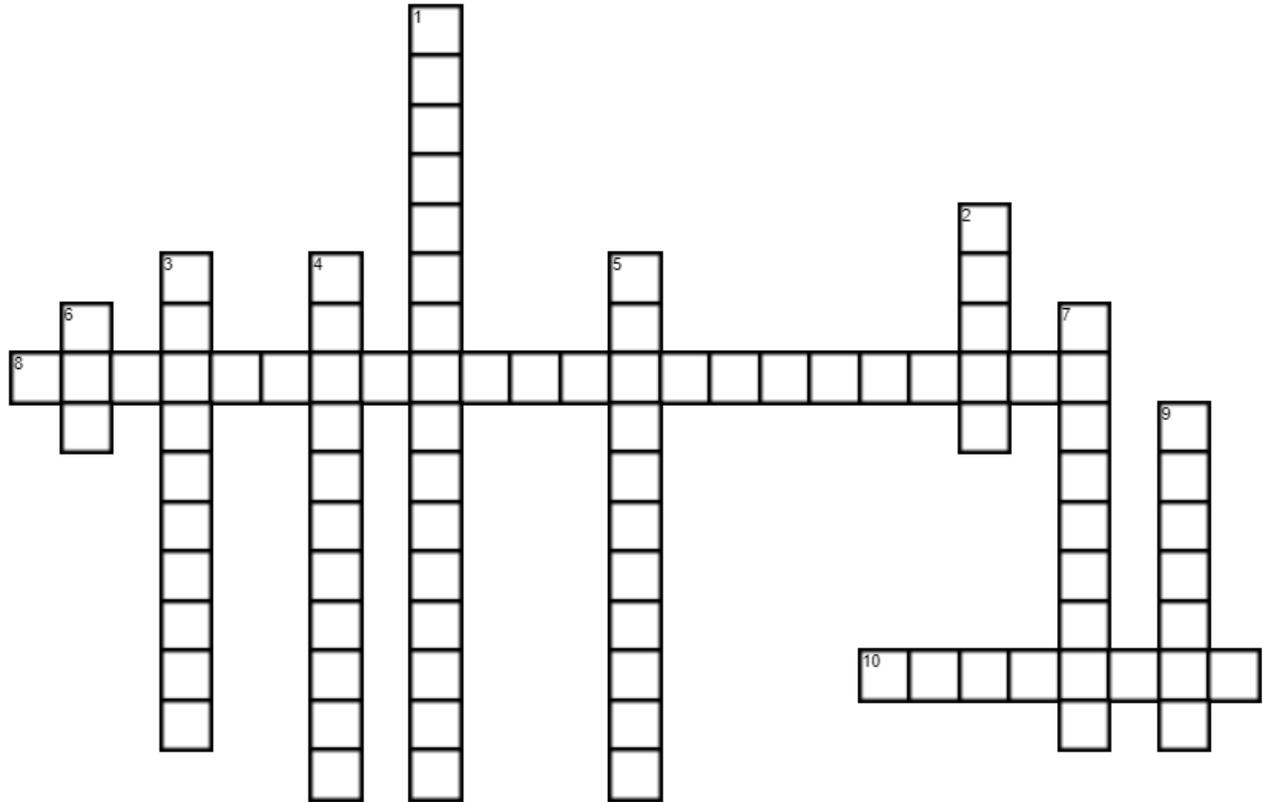


Which grey rectangles are lighter?



# ACTIVITY 5: CROSSWORD

*Use the clues to fill in the blanks for this crossword about eye health.*



## ACROSS

8. The rule for looking after your eyes when spending time looking at a screen (4 words)
10. A common symptom of digital eye strain (2 words)

## DOWN

1. The name for the group of symptoms that can develop from too much screen-time (3 words)
2. To learn, your eyes need to be able to do this.
3. Something you can wear to protect your eyes from the sun.
4. The type of light that can damage your eyes.
5. The name of the person you go to see to get your eyes tested.
6. The number of hours you should spend outdoors every day to prevent myopia.
7. Another common symptom of digital eye strain.
9. Something you can wear on your face to help you see.

# ACTIVITY 6: WORDFIND

*Find and circle the words related to eye conditions - there are 16.*

A M S I T A M G I T S A O T S V  
P R E I O T I U G S G R N S Y I  
U P R A V S L L A B E Y E I T S  
I N O I S I V S E R S N O R M U  
N E A R S I G H T E D A A T G A  
I G G I B H A L G N E V T E U L  
E H Y P E R O P I A E A A M I I  
G M T I V Y O L X O P V Y O H M  
L L S R R N B G E P Y O A T B P  
A N I T E R V L E C P S N P L A  
S T T M U E U C H I S I O O U I  
S U G O H I D V A E N R O C R R  
E B L X A M A N Y L A P R C R M  
S O N S N O I T I D N O C E Y E  
C N L S E Y N E E L O N E G S N  
F A R S I G H T E D B L T H S T

ASTIGMATISM

BLIND

BLURRY

COLOUR BLINDNESS

CORNEA

EYEBALL

EYE CONDITIONS

FAR SIGHTED

GLASSES

HYPEROPIA

MYOPIA

NEAR SIGHTED

OPTOMETRIST

RETINA

VISION

VISUAL IMPAIRMENT

# EXTENSION ACTIVITIES

Use the iPad to research the following:

Which creature has the largest eyes?

---



What creature has the best eyesight?

---

If our eye was a camera, how many megapixels would it be?

---



How many times do we blink on average per minute?

---

How many different colours can our eyes see?

---



Why does your nose run when you cry?

---

---



List four musicians who wear glasses

---

---

---

---



List four actors/actresses who wear glasses

---

---

---

---



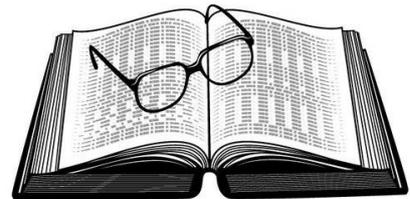
List four famous fictional characters who wear glasses

---

---

---

---



**Look up the following parts of the eye. Where are they located and what do they do?**

- Fovea \_\_\_\_\_  
\_\_\_\_\_
- Choroid \_\_\_\_\_  
\_\_\_\_\_
- Vitreous humor \_\_\_\_\_  
\_\_\_\_\_
- Aqueous humor \_\_\_\_\_  
\_\_\_\_\_

**Find 6 interesting facts about eyes that we have not discussed.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**Check out this website for more interesting information and videos about the eye:**

- Search “nih nei for kids”
- Open the following website <https://www.nei.nih.gov/learn-about-eye-health/nei-for-kids>
- Look at the different options in the task bar on the left of the page.